Signs and Symptoms of Alcohol and Other Drugs

(Select Slide Show on the PowerPoint toolbar and then Select Start Slide Show from the Beginning. The links will not function otherwise.)

Signs and Symptoms

- This presentation will give you a better understanding of the behavior and personality changes that you may see when a person is abusing alcohol and/or other drugs.
- It will also give examples of the signs and symptoms users may experience WHILE under the influence of alcohol or another drug.
- Please keep in mind that these signs and symptoms can be early indicators of substance abuse and are not absolute.

Signs and Symptoms – Behavior Changes

- Changes in peer group
  - Association with known abusers
  - Disassociation from old friends and family
- Argumentative
- Unusual borrowing of money
- Stealing
- Secretive behavior
- Avoids attention
- Decline in personal hygiene / physical appearance
- Trouble with the police (DUI, domestic dispute, etc)

Signs and Symptoms – Changes in Work Habits

- Frequent tardiness
- On-the-job absenteeism – especially Mondays
- Avoiding supervisors or coworkers
- Numerous personal problems or illnesses
- Neglecting details
- Continued procrastination
- Changes in attitude
- Withdrawal from responsibility

Signs and Symptoms – Alcohol

- Odor of alcohol
- Glazed over eyes
- Poor hygiene / physical appearance
- Degradation of work quality
- Absenteeism (especially Mondays)
- Flushed skin
- Loss of memory (blackouts)

<u>Types of alcohol</u> – beer, wine, wine coolers, liquors

Signs and Symptoms – Marijuana

- Changes in speech
  - Rapid / Loud Talking
  - Bursts of Laughter
- Forgetfulness during conversation
- *Red Eye* or inflammation in the whites of the eyes
- Extreme hunger (the “munchies”)
- Distinct body odor similar to the smell of burnt rope

<u>Other types of marijuana</u> – hashish/hash oil, sensimillia

Signs and Symptoms – Stimulants

- Dilated pupils
- Dry mouth (chapped lips)
- Frequent runny nose / nose bleeds
- Difficulty sitting / standing still
- Lack of appetite
- Very talkative, but changes subjects quickly
- Irritable / argumentative

<u>Types of stimulants</u> – Cocaine/Crack, Amphetamines, Methamphetamines (crank, ice, crystal meth, Ecstasy)

Signs and Symptoms – Depressants

- Lack of facial expression
- Flaccid appearance
- Slurred speech
- Glazed over eyes
- Flushed skin
- Lack of short term memory

<u>Types of depressants</u> – barbiturates, tranquilizers

Signs and Symptoms – Narcotics

- Lethargic
- Drowsiness (“nodding”)
- Lack of concentration
- Slurred speech
- Constricted (small) pupils
- Itchy skin
- Tracks, or scars, on the inner arms

Types of narcotics – heroin, opium, morphine, codeine

Signs and Symptoms – Inhalants

- Runny nose
- Watering eyes
- Lack of muscle control
- Loss of hearing
- Loss of coordination
- Body tremors or shaking
- Emotional instability (irritable / argumentative)

Types of Inhalants – glue, vapor producing solvents ("whip-its"), (household cleaners), propellants, nitrous oxide (laughing gas)

Signs and Symptoms – Hallucinogens

- Extremely dilated pupils
- Excessive perspiration
- Mood / behavior changes
- Distorted sense of sight
- Impaired judgment
- Nausea / vomiting
- Frequent anxiety attacks

<u>Types of hallucinogens</u> – LSD, mescaline, psilocybin (mushrooms)

Goal

- To intervene at the earliest possible time
- Which in turn can prevent serious consequences; such as
  - Drug Positives
  - Law Enforcement intervention
  - Drug Over Dose
  - Death

What to do as a Supervisor

- Inform the Chain of Command
  - Who in turn contact the Clinical ASAP
  - Complete DA FM 8003 (Command Referral)
  - Clinical ASAP
    - 804-734-9180

- It is everyone's responsibility

What to do as a Supervisor

Questions?

Warrior Pride